

The Lake View

Lake Pinehurst Association Newsletter

January 2018

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Sueson Vess – Editor



Not the place for morning coffee

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LPA Board Members and Committee Responsibilities

President	Tom Reedy	910.295.2674	wreedy1@nc.rr.com
Communications	Frank Glauner	910.235.5283	fglauner@gmail.com
Government & Secretary	Monica Converse	585.281.3196	monicaconverse@yahoo.com
Lake Management	Steve Davis	215.801.1468	ciaostevedavis@gmail.com
Membership	Tom Reedy (acting)	910.295.2674	wreedy1@nc.rr.com
New Member Hospitality	Melinda Handke	630.596.6333	melhand863@gmail.com
Social	Sueson Vess	910.420.2014	sueson@specialeats.com
Treasurer	Fred Nuenighoff	910.295.4548	fgn7@msn.com

President's Message from Tom Reedy

To all our LPA members: On behalf of the LPA board I wish all of you a Happy New Year. We hope this year brings health and happiness to all the residents living in our Lake Pinehurst community. We would also like to welcome the many new members who joined in 2017. We expect many more this year.

Each year we offer many social events and plan to offer more events in 2018. We will provide the dates and details of our social functions at the annual business meeting that you are all invited and encouraged to attend, March 4, at 3:30 at the Pinehurst Country Club in St. Andrews Room.

Recently the Pinehurst Resort announced they will be building a restaurant at the Beach Club and Marina. It will open in 2019 and will certainly enhance life on the lake. We will let you know of any other amenities that the Resort is planning for the lake.

I close with a few requests. First, please take an active role in our Lake Pinehurst community. This includes efforts to protect and preserve the health and beauty of Lake Pinehurst and to maintain the quality of our neighborhood. Second, for all lakefront properties please participate in the annual Weed Management Program that will be mailed in May/June by the Pinehurst Resort. ***The health and beauty of Lake Pinehurst is important to preserving our property values and all lakefront properties are urged to participate.*** Lastly, we have welcomed many new residents in the last few years and we encourage your participation on the board. Please contact me wreedy1@nc.rr.com if you are interested. We need new faces and fresh ideas.

Thank you all for all your support of our programs and social events in 2017. We hope to see all of you at our functions in 2018. We always welcome your input on how we are doing and what we could do better.



Government: Monica Converse

The LPA Board welcomes Monica Converse to our Lake Pinehurst Association board. Monica and her husband, Cliff, live in the Lake Point Cottages. Starting in February Monica will be responsible for our government committee. As the government chair Monica represents the LPA at the mayor's monthly Neighborhood Advisory Council (NAC). The NAC is chaired by the mayor and has about 19 Pinehurst neighborhoods represented. It discusses neighborhoods' concerns or issues and seeks a solution. In addition to the mayor there are usually other council members present as well as Jeff Sanborn and members of the Village staff. Some recent topics have included the pros and cons of neighborhood sidewalks and street lighting. If you have a concern you think should be aired at a NAC please contact Monica. On occasion our government chair may meet with Moore County or other organizations that have a mutual interest in the health and beauty of Lake Pinehurst. We thank Tom Reedy who stepped up as acting government committee chair.

Code Red-Reverse 911 Emergency Notification System

The Village of Pinehurst has instituted the CodeRED Emergency Notification System - an ultra high-speed telephone communication service for emergency notifications. This system allows the Village to telephone or text all or targeted areas of the Village in case an emergency situation requires immediate action (such as a boil-water notice, missing child or evacuation notices). It then delivers our recorded message to a live person or an answering machine, making three attempts to connect to any number. We recommend that every household in Pinehurst take advantage of this system and sign up as soon as possible.



To sign up go to:

<https://public.coderedweb.com/cne/en-US/B2624FC08130> and follow the instructions.

For more information go to the the Village of Pinehurst website: www.vopnc.org Direct link <http://www.vopnc.org/connect-with-us/emergency-notifications>

Lake Management: Steve Davis

Cold temperatures can be good! According to Tom Riel, Aquatic Biologist for NC Lake Management, cold temperatures can help clear the lake of bladderwort, an aquatic weed that floats on the surface of the water. Bladderwort doesn't survive when water temperature drops below 51 degrees F. The lake temperature dropped below 50 degrees during our cold spell. However, the pesky hydrilla is not affected by cold temperatures. Hydrilla cannot be killed, only controlled. This is why we treat the lake and have weed eating carp. As long as the lake is not totally frozen, the fish are fine.

Some of you noticed the lake had some ice forming along the shore or in shallow areas. That is expected during such a cold spell. It requires a much longer cold spell to freeze deeper water. That is because water near the surface is warmer and less dense. As it cools, it rises in density and will sink, replaced by warmer water. This cycle must repeat numerous times until all the water is below freezing. So it is unlikely we will ever ice skate on Lake Pinehurst.



Fun fact: Lake Pinehurst has nearly 1 billion gallons of water! The lake is 200 acres at an average depth of 14 feet. The math is available for those geeks who want to know.

Membership: Tom Reedy (acting)

Reminder: All members please let a board member know about a new resident on your street so we can send them a LPA membership application and add them to the list for the next new member party.

Household Memberships in April 2017 Directory	161
Additions April to June	5
Additions July to September	11
Additions October to December	<u>6</u>
TOTAL	183

New Memberships:

Bullock, James & Catherine 285 Lake Forest Drive SW (252) 327-6908 jamesleonbullock@gmail.com cathybullock@gmail.com	Geddes, Bruce & Kim Marina Slip (770) 490-9593 kimgeddes@live.com
Loper, Paul & Judy 75 Lake Point Drive (614) 746-5607 judy507@gmail.com	Milligan, Mike & Judy 645 Lake Forest Drive SE (910) 992-4510 JudyLMilligan@gmail.com Mmilligan02@gmail.com
Radigan, Joe & Lyndee 1 Pinehurst Villas (910) 692-9390 / (305)989-0402 joe@knollwallhouse.com lyndee@knollwoodhouse.com	Wall, Al & Suzie 235Catalpa Lane South (910) 420-1921 / (910) 734-2160 Awall1@nc.rr.com

New Member Hospitality: Melinda Handke

The Fall LPA new member wine and cheese party was held the last week in October. It was a lot of fun with the following attendees: Jeff and Stephanie Bogetto, Mark and Sue Boynton, Richard and Alice Brown, Larry and Patty Gleisner, Jeffrey and Rosie



Heintz, Matthew and Rebekah Hunt, Kristen and Ruth Iverson, and Dennis and Kathy Webster. LPA board members were also there to meet and greet. The Spring 2018

party already has 15 new members on the list of those to be invited, and I am expecting several more. It is great to meet so many new residents on Lake Pinehurst who have joined the LPA.

Be sure and let me know if someone is new to the lake – I will make sure they get an application to the LPA and an invite to the next party. Happy 2018!



Social: Sueson Vess

Echoing Happy Year Wishes to All! We are social people and love an excuse to gather in large and small groups, be it on The Lake in our boats or at a communal location, LPA members have a good time. Recent events included a small band of boats attempting to serrande our residents with an impromptu Christmas Caroling event on December 23. This small group quickly organized via our Facebook page by Christine Barrett will be repeated next year hopefully with more hardy voices. Maybe we could even band together and decorate all our lakefront docks and properties for more festive viewing.

Another successful Holiday Dinner Dance has come and gone with fabulous dinner, dancing and door prizes at the Pinehurst Country Club. Check out the pictures...





Save the Date for our Lake Pinehurst Association Annual Meeting on Sunday, March 4th at 3:30 pm in the St. Andrews Room at the Pinehurst Country Club. Learn what's new "On The Lake" and opportunities for fun in the coming year. Complimentary beverages and hors d'oeuvres will be served.

Spring arrives on March 20th and with it more fun activities On The Lake. We are planning a spring picnic, and for its 3rd year we continue the "Second Sunday" Raft Up. This is a boat tie-up in the middle of the lake held every second Sunday, May-September, starting about 6 pm. People bring their favorite drinks and snacks and move from boat-to-boat like a floating block party. It is good fun and an opportunity to meet your neighbors around the lake.

In July we will have our 4th of July boat parade with many nicely decorated boats and a good turnout of spectators on the shore. In the fall we will have another picnic and then another wonderful holiday celebration.

These are the more organized events – with many less structured opportunities to gather with sail boats, kayaks, paddle boats or canoes and share with like-minded friends around The Lake. As always, your ideas are welcome. Join us at the Annual Meeting where we will provide you the dates and details of this year's social functions.



LPA Facebook Page Update from Christy Eibel

We now have 82 members on the LPA Facebook page (Lake Pinehurst Association). If you are new to the lake or are new to Facebook, please join our group. It's a great way to communicate and share information with members around our beautiful lake.

Just a friendly reminder that this is a private facebook page. LPA members are the only people that will be approved for access. I have been receiving requests from friends and family members of LPA members but have declined these requests. Please let your friends and family know our policy so they are not upset when they are declined membership. Thanks everyone!

Healthy Recipes: Sueson Vess

Souper-Food!

Healthy eating begins with healthy cooking – not just reheating processed food. Soup is a perfect first course, an easy family dinner or lunch. Here are a couple easy and delicious soups.

Creamy Mushroom Soup

Mushrooms contain important B vitamins often missing in a gluten-free diet. Asian mushrooms, like Shiitake, Maitake and Oyster, have more phytonutrients and beta-glucans that help stimulate the immune system.

SERVES 6-8

1 tablespoon olive oil 1/2 cup minced shallots 2 cloves garlic, minced (optional) 4 cups chopped mushrooms, shiitake, crimini or blend 6 tablespoons fresh squeezed lemon juice 1/4 teaspoon ground nutmeg 1/2 teaspoon salt, more to taste 1/4 teaspoon black pepper Pinch cayenne pepper, more or less to taste	1 cup raw, unsalted almonds, soaked overnight or at least 8 hours in filtered water 1 cup raw, unsalted cashew pieces, soaked in hot filtered water for 30 minutes 1/2 cup unsalted pine nuts, soaked in hot purified water for 30 minutes 4 cups chicken, beef or vegetable broth (homemade is best) Check label for allergens like gluten or dairy if needed
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1. Heat oil in a large saucepan and sauté shallot, garlic, and mushrooms over medium heat until beginning to color, about 10 minutes. Deglaze pan with lemon juice. Add nutmeg, salt, pepper and cayenne. Remove from heat.
2. Drain almonds, cashews and pine nuts (discarding soaking liquid) and add to blender in two batches. Add ½ to 1 cup water per batch. Do not add too much water as you want the nut “cream” to be fairly thick. Blend until very smooth consistency is reached, about 2 minutes.
3. Add mushroom-shallot mixture to nut cream and puree. May leave mushrooms chunky if desired.
4. Return to saucepan and add broth. Bring to simmer. Taste and adjust seasoning. Serve warm.

Tomato-Fennel Soup

Although the health benefits of chicken broth enhance this rich soup; you may use vegetable broth for a vegetarian version that still boasts antioxidants, vitamin C and the flavonoids rutin and quercetin (from the fennel) found in many natural cold remedies. Tomatoes and other red foods are rich in the phytonutrients lycopene and anthocyanin that benefit the heart and circulatory system by helping to build healthy cells. The more vegetables introduced, the more optimal phytonutrients, so eat the colors of the rainbow.

SERVES: 8-10

2 tablespoons coconut oil 2 medium fennel bulbs, (~3 cups chopped) cleaned, cored and chopped (stalks and fronds may be reserved for another use, like juicing) 1 large onion, chopped 1 teaspoon sea salt (divided) 1/2 cup dry white wine or broth	1 small shallot, minced (1/4 cup) 1 teaspoon fennel seeds 2 (26-32-ounce) containers chopped tomatoes packed in purée (such as Pomi) 2-3 cups chicken or vegetable broth 1 teaspoon dried oregano or marjoram 1/2 teaspoon black pepper
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1. Heat large pot over medium heat; add oil; add fennel, onion and 1/2 teaspoon salt. Sauté for 4 minutes, stirring occasionally. Add wine (or broth substitution); reduce heat to medium-low; cover and continue to cook, stirring occasionally, until vegetables are very tender, about 20 minutes. Stir in shallot and fennel seeds; cook 4 more minutes.
2. Add tomatoes and 2 cups broth. Bring to a simmer and cook gently, uncovered, for 30 minutes. Taste and season with salt and fresh ground black pepper.
3. Purée soup in batches using a blender or food processor; add additional broth if needed to reach desired consistency. Do not fill blender more than half full and cover blender with a dish towel before turning it on to avoid being burned. Return to pot to keep warm.